



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM

presents

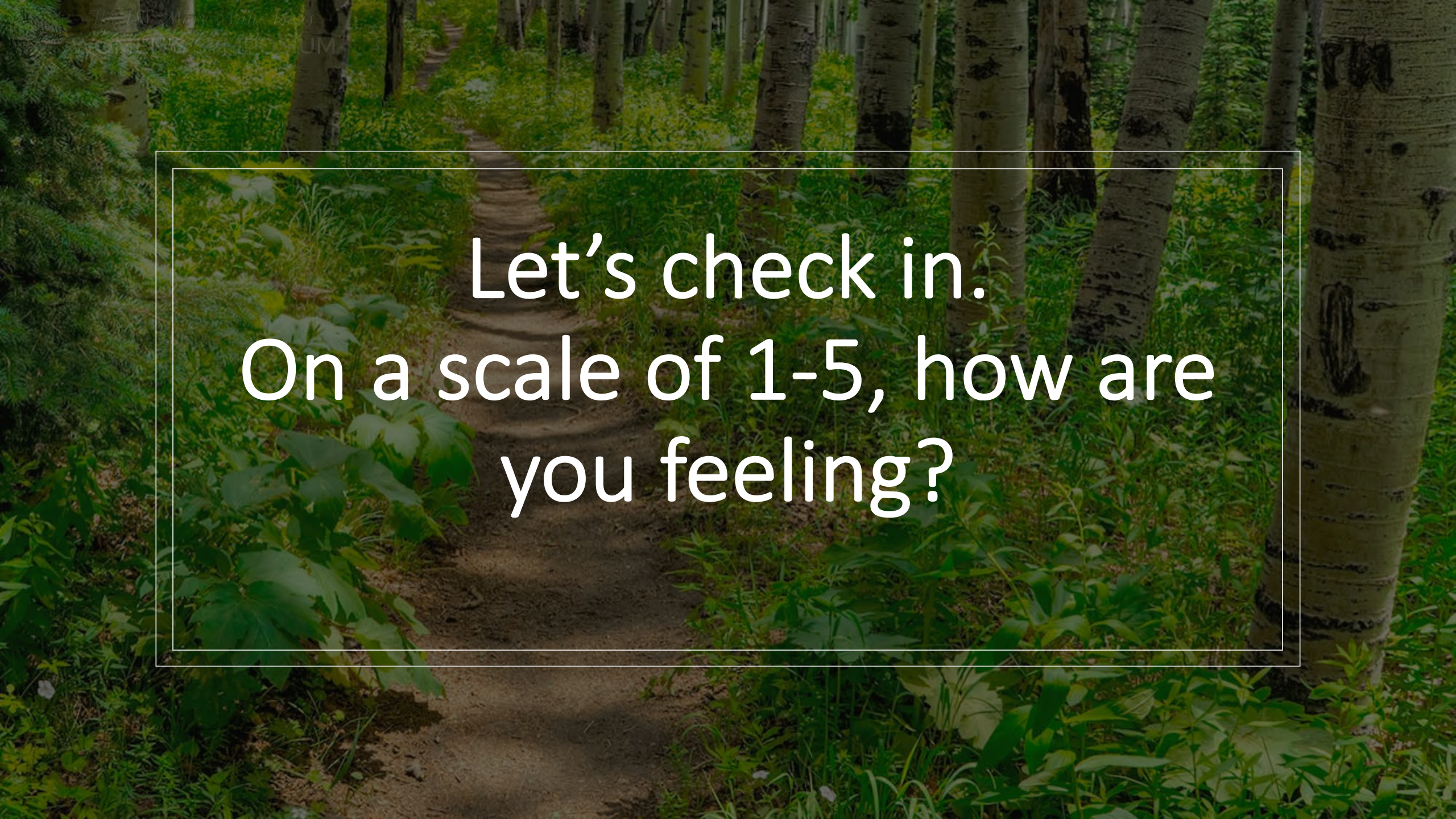
Reflect and Recharge

Facilitated by Homa Tavangar




Reflect + Recharge

Facilitated by Homa Tavangar
homatav@growingupglobal.net
linktr.ee/homatav



Let's check in.
On a scale of 1-5, how are
you feeling?

A photograph of a dirt path winding through a forest of birch trees. The path is surrounded by lush green undergrowth, including various grasses and leafy plants. The birch trees have characteristic white bark with dark lenticels. The scene is brightly lit, suggesting a sunny day. A semi-transparent circular overlay is positioned on the right side of the image, containing text.

**We are here to
hit the pause
button ...**



- The SS Mary Anne Haas -
WOMEN'S SYMPOSIUM

Breathe...





Silence as an act of

- *Presence*
- *Listening*
- *Humility*
- *Reflection*
- *Rooting*
- *Calming*
- *Honoring*



#WeAreDoneDying

8 MINS 46 SECS.

OF SILENCE

6.4.20 | 3:45 PM ET



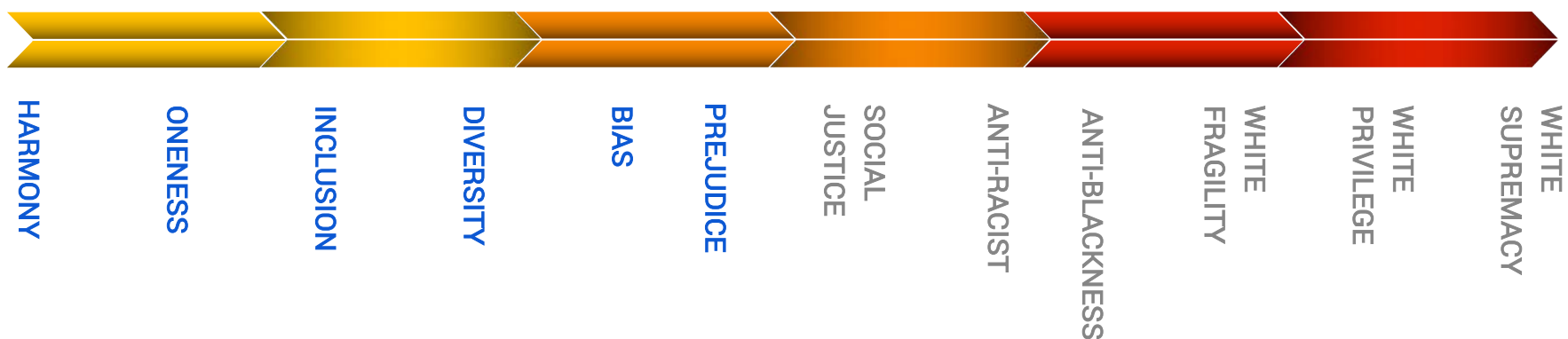
*Balance silence with courage
so that silence does not
become violence...*



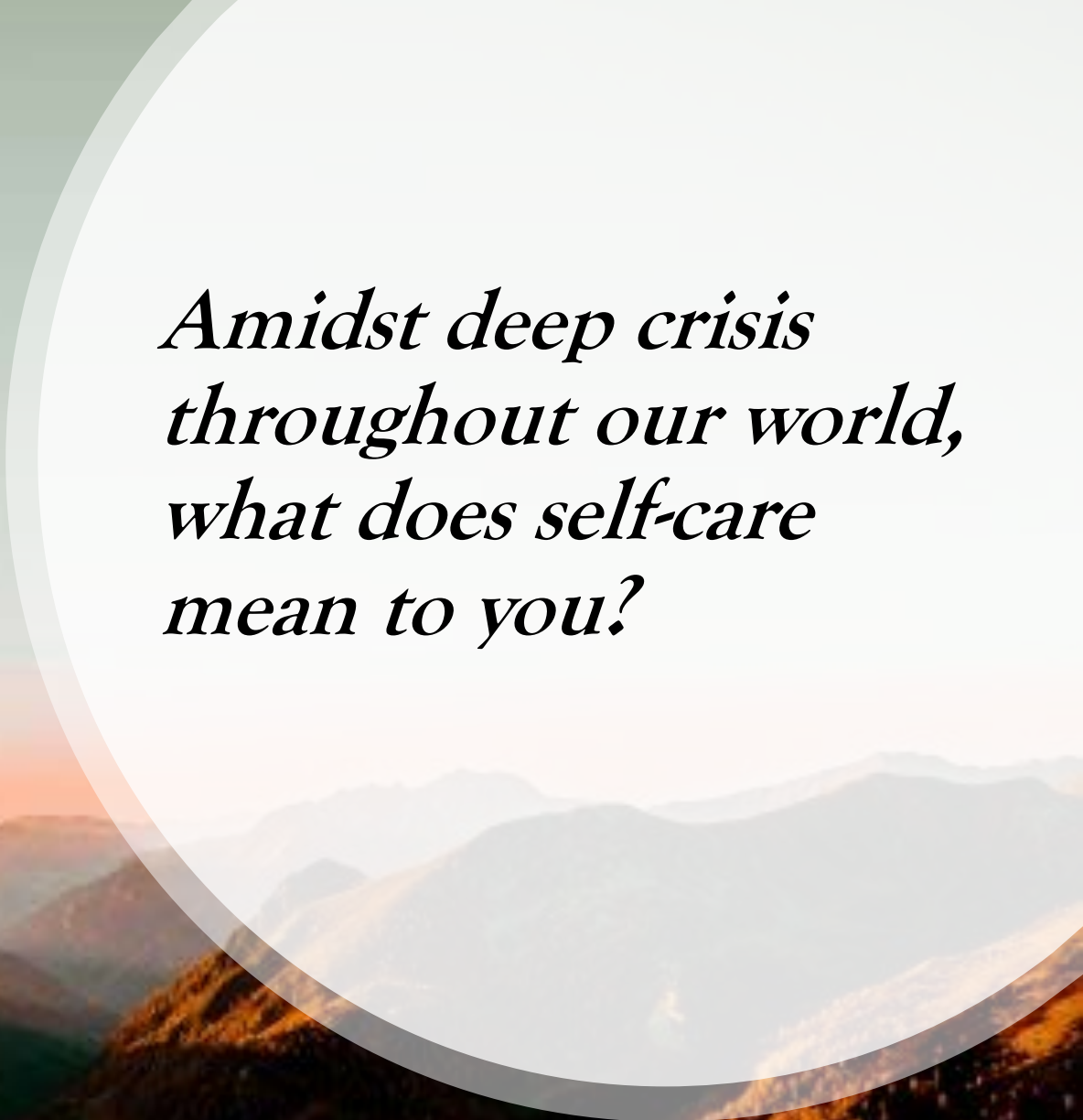


WHY RACIAL LITERACY MATTERS

*“By practicing **racial literacy**, we can learn to not be so fearful and learn to problem-solve together, rather than run away from conversations about race.” - Howard Stevenson*



STAY in the room | **LISTEN** when it is hard. | **CLARIFY** terminology even as heat rises.



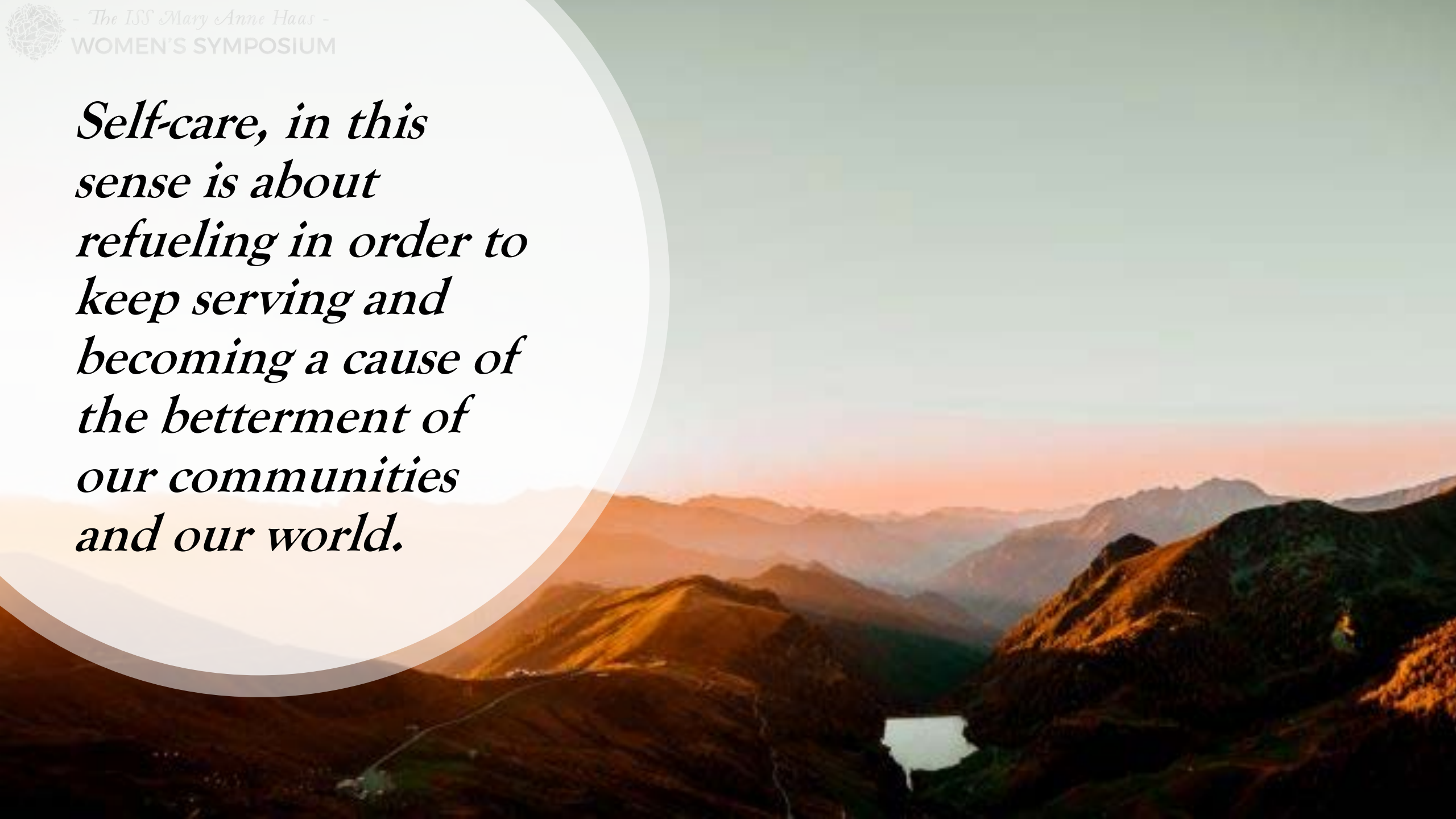
*Amidst deep crisis
throughout our world,
what does self-care
mean to you?*



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” Audre Lorde



Self-care, in this sense is about refueling in order to keep serving and becoming a cause of the betterment of our communities and our world.





How might I/we manifest deep oneness, empathy, care?



The well-being of mankind,
its peace and security, are
unattainable unless and
until its unity is firmly
established.

Bahá'u'lláh





"May there be such oneness between us that when one weeps,
the other tastes salt."

Khalil Gibran, The Prophet



(Chat) How might I/we manifest deep oneness, empathy, care?



Greek origin of “crisis” = TO SIFT.



Webster's New World College Dictionary, 4th Edition. Copyright © 2010 by Houghton Mifflin Harcourt. All rights reserved.

Word origin

L < Gr *krisis* < *krinein*, to separate, discern < IE **(s)krei-*, to sift, separate < base **(s)ker-*, to cut > shear, L *cernere*, to separate, Ger *rein*, pure
.....



Crisis: Focus on turning point, judgement – we will be judged by our grandchildren for this moment



crisis (n.)

early 15c., *crise*, *crisis*, "decisive point in the progress of a disease," also "vitally important or decisive state of things, point at which change must come, for better or worse," from Latinized form of Greek *krisis* "turning point in a disease, that change which indicates recovery or death" (used as such by Hippocrates and Galen), literally "judgment, result of a trial, selection," from *krinein* "to separate, decide, judge," from PIE root ***krei-** "to sieve," thus "discriminate, distinguish."

Crisis
危机
Danger Opportunity



Remember sitting in history, thinking "If I was
alive then, I would've...."

You're alive now and whatever you're doing now
is what you would have done.

-David Slack



rachel.cargle • Following



rachel.cargle • It's now ⌚

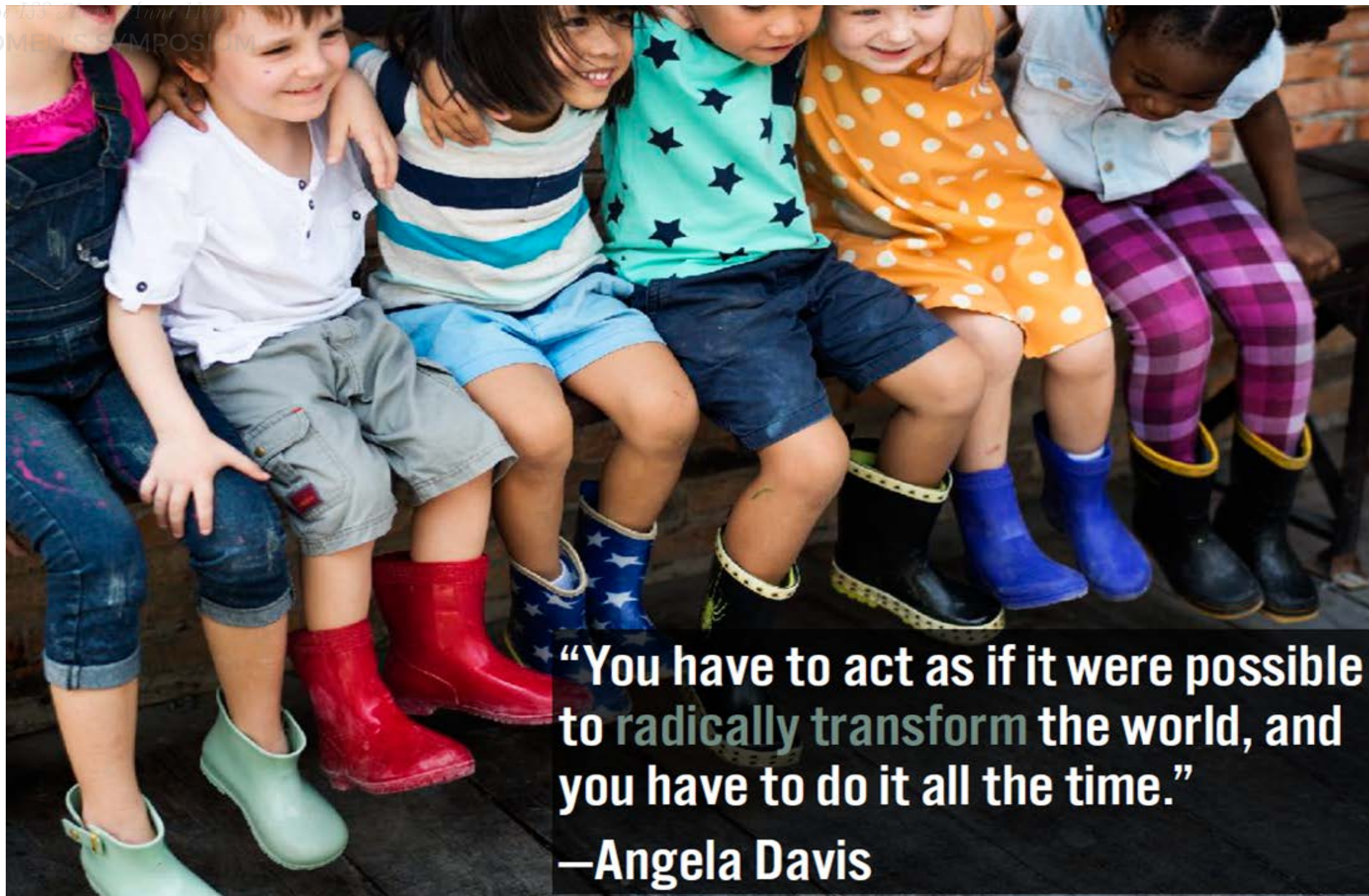
101w



Break-out Rooms:


What do you feel that you have tried your best at (will be judged favorably for), and where would you like to improve and grow?

(This is meant as self-evaluation, not to instill shame or confession; we have a chance to grow and heal!)



“You have to act as if it were possible to radically transform the world, and you have to do it all the time.”

—Angela Davis



Before we check out:
On a scale of 1-5, how
are you feeling now?

Gracias, Merci, Xiè xiè, شكراً, Thanks!

To reach Homa:
homatav@growingupglobal.net



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM

Thank you!

Stay updated and connected at ISS.edu/WomenLead

@ISSCommunity • #ISSedu • #Wlead • Facebook.com/groups/ISSWomenLead